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Annual AUTUMN ISSUE

Tea Time®

81 Ideas & Recipes

Walnut-Apricot Spice Cake
Page 40

VOLUME 13 • ISSUE 5
SEPTEMBER/OCTOBER 2016

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Buckingham Palace Garden Party
Page 59

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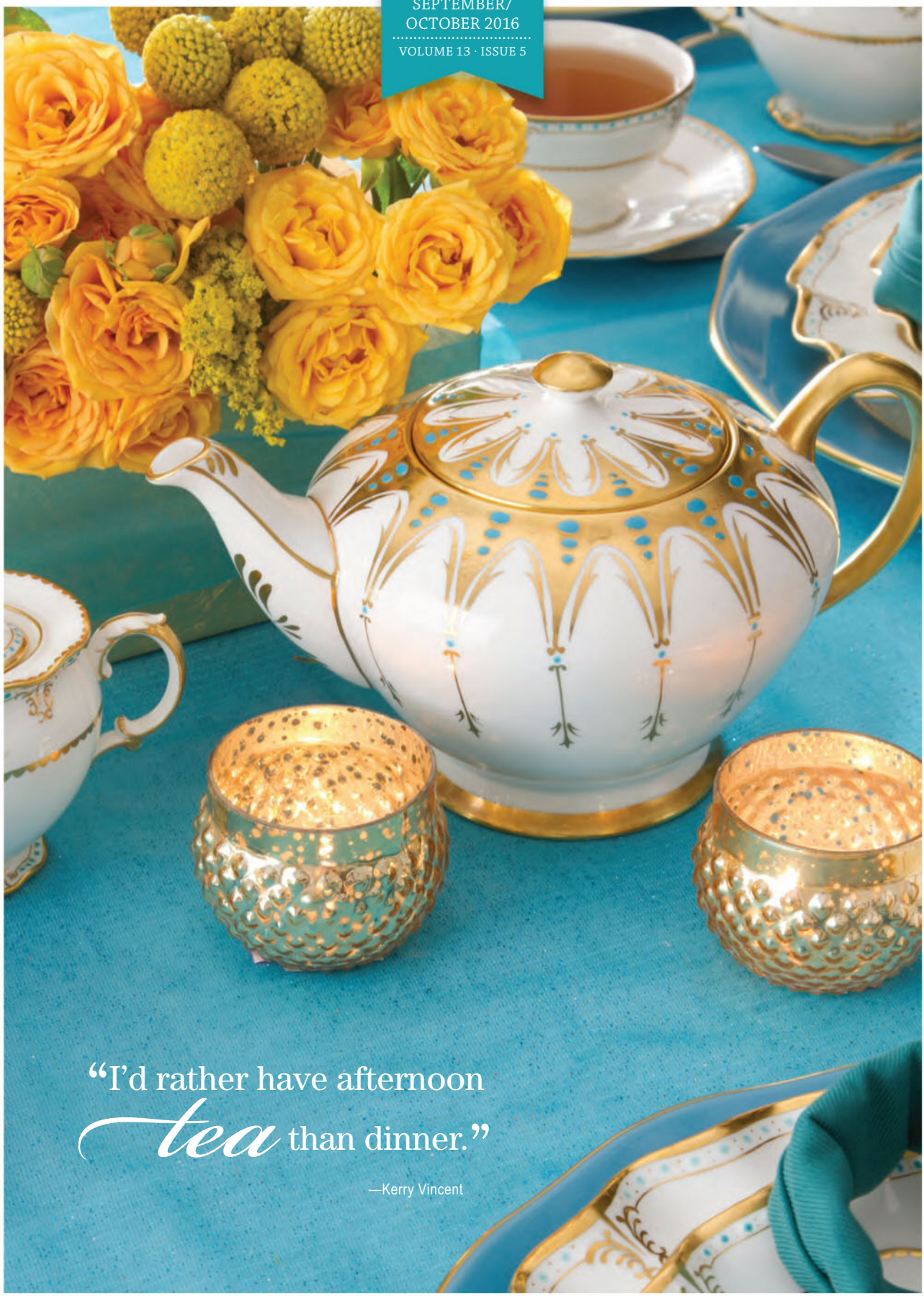

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TEAROOMS • FOOD • TEA • TABLE SETTINGS
Annual AUTUMN ISSUE
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Buckingham Palace Garden Party
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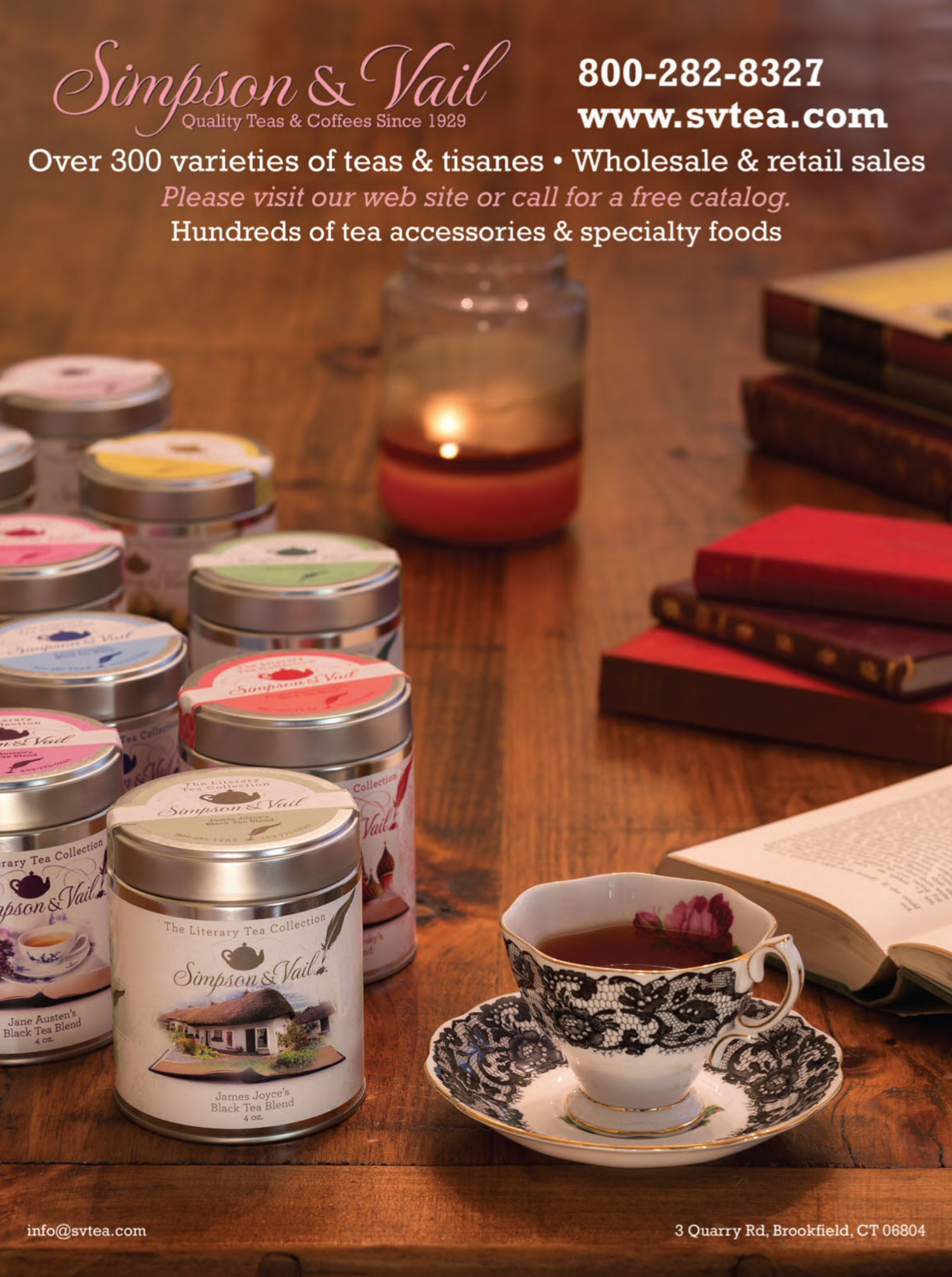
ON THE COVER

Wedgwood's Pashmina *teapot and cups and saucers bring an elegant, modern flair to our autumn afternoon tea (page 34). Photography by Marcy Black Simpson.*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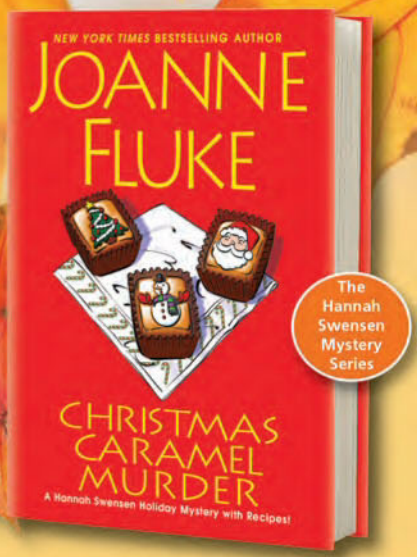
Make Your Autumn Cozy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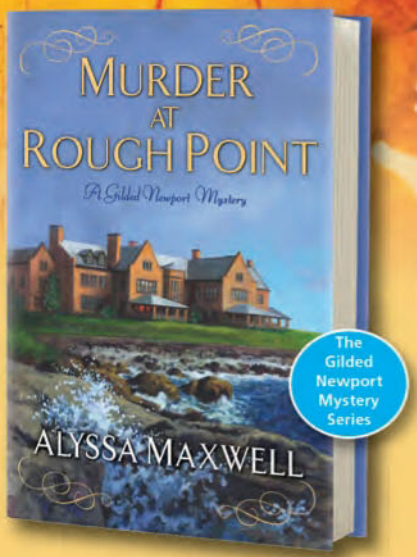

In glittering Newport, Rhode Island at the close of the 19th century, status is everything. But despite being a poorer relation to the venerable Vanderbilts, Emma Cross has shaped her own identity—as a reporter and a sleuth.

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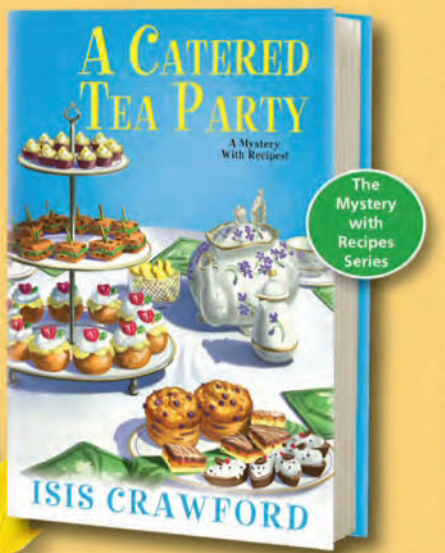
—*Library Journal*

Beloved sleuth Lucy Stone is saying "cheerio" to Tinker's Cove, and jetting off to jolly old England! But when a murder occurs at the British manor where she's staying, she has to search for a killer among those who live both upstairs and downstairs...

"Leslie Meier writes with sparkle and warmth."
—*Chicago Sun Times*



The Simmons sisters are catering an elaborate tea party in their small town, but when the billionaire behind the project drops dead, they're steeped in a whistling kettle of murder...

Former actress turned 19th century sleuth Lilly Long isn't willing to live with the status quo, so she persuades famed crime-buster Allan Pinkerton to take her on as one of America's first female detectives. Now she just needs to deliver the performance of a lifetime in order to survive the final act of this drama!

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come for tea

I truly enjoy meeting *TeaTime* readers at tea festivals throughout the United States. Hearing how the magazine inspires you is so rewarding. Often, you tell me how you have used afternoon tea to benefit a worthy cause, such as cancer prevention. Many have either hosted or attended a pink-ribbon tea during October for Breast Cancer Awareness Month. But did you know that September is our National Ovarian Cancer Awareness Month?

I recently had the privilege of interviewing world-renowned sugar artist Kerry Vincent, whom many will remember from her programs on Food Network or from her recent appearances on HSN for Disney's *Alice Through the Looking Glass*. A tea lover almost from birth, Kerry serves as national ambassador for Ovarian Cancer Australia. In my article on page 49, learn more about her and the way afternoon tea is being used Down Under to combat this terrible disease. And let our Tea for a Cause menu (page 41) inspire your own teal-ribbon tea.

You may recall that *TeaTime* Contributing Editor Jane Pettigrew was recently honored by Queen Elizabeth with the British Empire Medal. Jane shares the details of her award, as well as of a garden party she attended at Buckingham Palace, in our Tea Diaries column on page 59. Contributing Editor Bruce Richardson tells the truth about monkey-picked teas (page 19), and Associate Editor Betty Terry takes us to five fabulous tea businesses in Kentucky. I'd like to highlight the other delightful articles and tea menus, but I'll let you discover them as you turn the pages of our annual autumn issue.

Enjoy!

Mark Your Calendars!

Northwest Tea Festival
October 1–2, 2016
Seattle Center Fisher Pavillion • Seattle, WA
nwteafestival.com • 206-448-4054

Coffee & Tea Festival Philly
November 5–6, 2016
Greater Philadelphia Expo Center • Oaks, PA
coffeeandteafestival.com/philly • 631-940-7290

San Francisco International Tea Festival
November 6, 2016
Fort Mason Center for Arts and Culture • San Francisco, CA
sfitf.com • 530-507-3099

Los Angeles International Tea Festival
December 3–4, 2016
Japanese American National Museum • Los Angeles, CA
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The Cutting Edge

I just started baking scones from your recipes. What do I do to the fluted, circular cutters so that the scone falls out and doesn't stick to the inside? I have gently pushed them out onto the baking sheet, but is there a better way? I love *TeaTime* magazine, and your scones are delicious.

HELEN SANDERS
Via E-mail

Our test kitchen professional, Janet Lambert, recommends spraying the inside of the cutter lightly with cooking spray (Pam). The scones will fall out of the cutter rather than having to be pushed out.

Reading a New Issue of TeaTime

Life can get hectic and sometimes emotionally draining. When it does, there is just something calming about making a small pot of tea and sitting down with your magazine. Leafing through the pages of all the table settings somehow brings a little serenity to a busy day. It helps bring that peaceful rest that is needed to tackle the rest of the day. Thank you!

DEBORAH SHRECKENGOST
Via Facebook

I just love, love, love *TeaTime* magazine (and your website). After a hard day at the office, there are no words that can truly describe the feeling of arriving home and checking the mailbox to find my *TeaTime* magazine there waiting for me. I drop everything and spend an hour to myself, perusing the wonderful pages. The recipes, featured articles, and photos help me forget the "ickiness" of the day and transport me to the delightful and enchanting world of Tea-Wonderland. Such a fantastic periodical! Thank you!

MARYANNE MONIZ
Via E-mail

FIRST-EVER SPECIAL BRITISH ISSUE
World Tea Awards WINNER Best Tea Publication
TeaTime
7 Splendid Places for Tea in England
A Regal Afternoon Tea Fit for a Queen
Teatime with a Scottish Flair
OUR FAVORITE Earl Grey Blends

March/April 2016

I read many inspirational books, but I have to say the magazines I read from Hoffman Media bring me the most joy. I savor each issue! I read and often reread each magazine cover to cover. I received my first subscription to *TeaTime* magazine as a birthday gift and was smitten with utter delight. It was the first time I ever bought back issues of a magazine. I have renewed my subscription many times, and I now gift tea lovers with their own subscriptions as well. I have kept all my *TeaTime* issues to frequently reread them. I was thrilled with the British issue of *TeaTime* (March/April 2016), which featured my favorite tearoom, Maids of Honour. I literally shrieked with delight out loud when I saw that article! Thank you for all the joy and inspiration your magazine has provided for me and all your other readers.

JOANN IANNIELLO
Via Facebook

Beautiful cover. Your covers are what make me want to buy this magazine. Your cover designer deserves an award!

JUDY BOZARTH
Via Facebook

Your Comments, Please

We truly enjoy hearing from our readers. Connect with us on Facebook, or write to us at *teatime@hoffmanmedia.com* or at Dear *TeaTime*, *TeaTime* Magazine, 1900 International Park Drive, Suite 50, Birmingham, AL 35243. Your comments might be printed in an upcoming issue.

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September

6-11

Britsburgh

Various times and venues
Pittsburgh, Pennsylvania

Enjoy a host of tea-related events at Britsburgh, a six-day roving festival that celebrates the historic connections between Pittsburgh, Pennsylvania, and Great Britain. From Scone Henge II, a buffet of British teas and scones at Anchor & Anvil Teas, to a tea-dueling competition at Gryphon's Tea, there's something for every tea lover—young or old, novice or connoisseur. For a full list of events with times and dates, go to *bacpgh.com/our-programs/events/britsburgh/*.

11

Grandparents' Day Tea

1:00 to 3:00 p.m.
Historic Carriage House
Oatlands Historic House & Gardens
Leesburg, Virginia

Honor your grandparents at an afternoon tea at Oatlands, an 1804 antebellum home in Loudoun Country, Virginia, that survived the Civil War unscathed. Enjoy a traditional tea in the Historic Carriage House, and then take a tour of the Oatlands mansion at a discounted price of $8. Reservations for tea are required, and the cost is $29.95. For reservations, please call 703-777-3174.

14

Tea & Conversation

2:00 p.m.
Heard-Craig Center for the Arts
McKinney, Texas

Partake in afternoon tea at the Heard-Craig Center for the Arts, a circa-1900 Victorian home situated just behind McKinney Square. Enjoy a presentation by Harriett Allred of the Porcelain Guild of North Texas about hand-painted porcelain, and then move into the main house for afternoon tea. A tour of the historic home follows. The cost is $35 per person, and advance tickets are required. To purchase tickets, go to *ticketleap.com*.

October

1

Autumn Tea Tasting

2:30 p.m.
Watts Tea Shop
Milwaukee, Wisconsin

Whether you're a tea novice or an expert, you'll enjoy this opportunity to taste five delicious seasonal teas at the Watts Tea Shop, along with their popular finger sandwiches and legendary desserts. The relaxed format will provide a lovely afternoon for learning about teas. The cost is $25 per person and includes afternoon-tea service, a gift, and a shopping coupon. For reservations, which are required, call 414-290-5700.

12 & 13

Harry Potter Afternoon Tea

11:30 a.m. & 3:00 p.m.
Shakespeare's Corner Shoppe and Afternoon Tea
San Diego, California

British expatriate Selina Stockley presents her annual Harry Potter Afternoon Tea. Guests will enjoy teatime specialties inspired by the seven-book series, including bacon sandwiches, Ron Weasley's favorite comfort food. Test your knowledge of the wizarding world with a Harry Potter quiz, and take home a bag of Hogwarts sweets, including chocolate frogs and fizzing whizbees. Costumes are welcome. The cost is $39.95, and reservations are required. Call 619-683-2748.

18 & 19

Chocolate Tea

1:00 p.m.
The Mansion at Strathmore
North Bethesda, Maryland

Savor a delicious menu of tea treats with generous pourings of Strathmore Blend Tea, created by Harney & Sons for the historic mansion, and chocolate teas. Enjoy a tasting of special chocolates from the Perfect Truffle in Frederick, Maryland. Listen to the soothing sounds of local musicians as you enjoy afternoon tea in the cozy atmosphere of The Shapiro Music Room at Strathmore. The cost is $28 per person, and reservations are required. Call 301-581-5108.

If you would like to publicize a tea event in your area, please send details and information at least four months before the event date to *teatime@hoffmanmedia.com* or to Tea Events Calendar, *TeaTime* Magazine, 1900 International Park Drive, Suite 50, Birmingham, AL 35243. Your event could be included in a future issue.

Northwest Tea Festival

Be a part of our celebration of the exciting world of tea.

The Northwest Tea Festival is a fun and educational event about the multifaceted world of tea. Our goal is to provide experiences covering all aspects of tea, from the cultural to the historical and the sensory to the scientific.

- Sample some of the finest teas from all over the world.
- Attend presentations led by leading tea authors and industry experts.
- Meet premier tea and tea ware suppliers.

October 1st & 2nd, 2016

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Starfish Junction productions

The Essence of Autumn

Fall for this lovely assortment of seasonal teatime necessities.

Tasty Brews

Savor the rich flavors of Pumpkin Masala Chai, Pumpkin Crème, and Caramel Pecan Pie teas from Global Tea Mart. ($12 for each 4-ounce tin; *globalteamart.com* or 844-208-2337)

Festive Pair

Sip tea from this hand-painted porcelain cup and saucer set from Maryland China. ($18.95; *marylandchina.com* or 800-638-3880)

Nuts for Tea

Steep any loose-leaf tea with this charming silicone Acorn Tea Infuser by Kikkerland. ($10; *kikkerland.com*, 866-822-5571)

Natural Touch

Imprint sweet treats with hand-carved terra-cotta cookie stamps from Fancy Flours. ($12 for each stamp; *fancyflours.com* or 406-587-0118)

Lovely Linens

Enhance seasonal tablescapes with April Cornell's *Chocolate Queen's Court* or *Antique Reverie* napkins. ($29 for a set of four; *aprilcornell.com* or 888-332-7745)

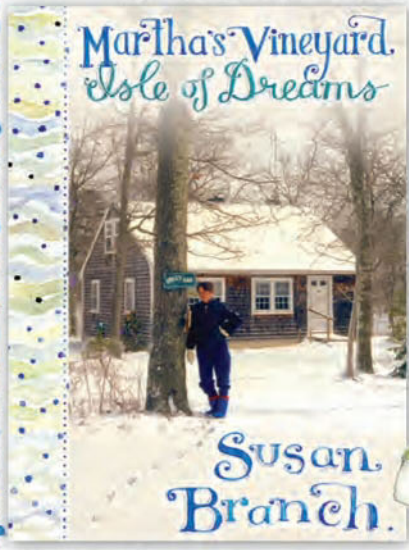
Setting the Tone

Mark your tea guests' seats with pinecone-embellished Hester & Cook place cards. ($6 for a set of 12; *hesterandcook.com* or 615-736-2892)

Easy Steeping

Make tea with ease in a 24-ounce Curve Teapot from FORLIFE, which includes an extra-fine stainless-steel infuser basket and a secure lid. Pictured in Carrot, but available in 11 colors. ($39.25; *forlifedesign.com* or 310-638-6386)

A NEW MEMOIR BY Susan Branch



In the deep, dark winter of 1982, before Susan had ever written a book, she tried to escape the pain of lost love by flying away from her home in California to the Island of Martha's Vineyard. Alone, heartbroken and slightly delirious, planning to stay for only three months, she "accidentally" buys a tiny cottage in the woods. Based on the diaries she's kept all her life, Susan shares her creative journey to self-discovery with laugh-out-loud honesty in this heartwarming and inspiring fairy tale come true. Hand-lettered with hundreds of photos and watercolors.

Coming May, 2016
Spring Street Publishing
ISBN: 9780996044028
Susan will be signing books at independent bookstores all over America during May & June 2016. Her tour schedule is available at SusanBranch.com

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TEACUP: Haviland *Autumn Leaf* (flat cup)
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—**Betty Terry**, associate editor

Pumpkin Oolong
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"This tea is like having pumpkin pie in a cup—perfect for a crisp fall day!"
—**Janice Ritter**, dealer program manager

Anne Elliott's Hope
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TEACUP: Lenox *Westwind*
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—**Lorna Reeves**, editor

Oolong Teas

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TEACUP: Haviland *Autumn Leaf* (footed cup)
"A cinnamony, sweet, fragrant blend that brews into a nice comforting cup of tea."
—**Janet Lambert**, recipe developer/food stylist

Dragon Tea
ELMWOOD INN FINE TEAS
elmwoodinn.com • 800-765-2139
TEACUP: Hall *Autumn Leaf*
"The aroma and lingering floral flavor remind me of gardenia blossoms."
—**Janece Maze**, editorial assistant

Ginger's Oolong
HARNEY & SONS
harney.com • 888-427-6398
TEACUP: Spode *Wicker Dale*
"The hint of ginger is a nice contrast to the peachy notes of this Formosa oolong."
—**Lucy Herndon**, stylist

A GENTLE REMINDER: Oolongs can be steeped multiple times, with each infusion of the same leaves yielding a slightly different yet pleasing flavor. Water at 180 to 200 degrees is best, depending on the tea. Infuse for 50 seconds to 3 minutes, according to purveyor's instructions and personal preference. Increase steep time slightly for subsequent infusions.

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When Monkeys Picked Tea

Text by Bruce Richardson

I received a call one morning from a young writer who was preparing a story about teas that millennial males might find enticing. This was the first tea assignment the reporter had attempted. His question was, "How do they train monkeys to pick tea?"

I chuckled, paused, and broke the news that he wasn't the first novice tea drinker to be taken in by this story. Westerners had been falling for the fable for well over 200 years. Like many legends dealing with the romance of tea, the image of monkeys plucking tea leaves was not to be taken literally.

A British writer in 1797 thought he was on the trail of an incredible story when he wrote: "According to legend, the villagers stand below the monkeys and taunt them. The monkeys, in turn, become angry and grab handfuls of tea leaves and throw them at the villagers."

It's plain to see how the tea-mad public was so easily duped. European and American tea traders knew little of ancient Chinese tea-growing practices until Robert Fortune carried out his three-year spy mission in the tea gardens of China, at the bequest of the East India Company in 1848. By that time, the monkey-picked story had become legend and yet another component of tea's poetic charm. Fortune felt the need to address this issue in his 1852 book, *A Journey to the Tea Countries of China*: "I should not like to assert that no tea is gathered on these [Bohea] hills by the agency of chains and monkeys but I think it may be safely affirmed that the quantity in such is small."

This fable persisted into the early 20th century as William Ukers explained in *The Romance of Tea*: "Early legends, thought to be inspired by Buddhist priests, relate that monkeys were used to gather the tea leaves from inaccessible places. Sometimes they were trained for the work; or, when seen among the rocks where the tea bushes grew, the Chinese would throw stones at them. The monkeys, becoming angry, would break off branches of the tea bushes and throw them down at their tormentors."

James Norwood Pratt describes the legendary scenario in *The Ultimate Tea Lover's Treasury*: "The tea that grew wild in the Wuyi Mountains was once so difficult to harvest that it was said only monkeys could gather leaves from such inaccessible mountain cliffs. Therefore, south China tea merchants traditionally called their best tea 'monkey-picked' to signify its rarity. A proprietor's monkey-picked tea is like his calling card, representing his tea philosophy. No traditional tea merchant calls a tea monkey-picked lightly!

In fact, tea is nowhere plucked by monkeys and it never has been, but the Englishman Aeneas Anderson accepted the myth of simian-assisted tea when on the 1793 embassy to China and carried the story home with him to England. It has been handed down ever since in the West."

Many times, Norwood and I sat with San Francisco tea master Roy Fong and shared his finest Monkey-Picked Oolongs. We know Roy means this well-made tea to be, in the tradition of his ancestors, a nod to the uniqueness of the tea craft. Our tea-drinking experience is not diminished when our rational minds suddenly recall that this tea was not actually picked with simian assist, because neither Norwood nor I are literalists. We both abide in a world steeped in romance and mystery. That's why we love tea. Roy means only that this "monkey-picked" oolong is his finest work. Rightly so. Unlike most American tea merchants, Roy finishes the production of this Chinese tea in his wok at home.

I assure you that Roy's tea is better than any that monkeys might have picked. Besides, as I told the writer on the phone, you wouldn't want to drink tea picked by monkeys because you don't know where those monkeys' hands have been.

That's something you can take literally!

TeaTime *Contributing Editor Bruce Richardson is co-author of* A Social History of Tea. *Find out more about this and his other books at* elmwoodinn.com.

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Teas

Tea Gifts

Tea Books

A Fruitful Harvest

Text by Betty Terry / Photography by William Dickey

Introduced by Johnson Brothers in 1960, *Autumn's Delight*, a casual china pattern embellished with the ripening bounty of autumn—apples, cherries, pears, and grapes—can inspire many seasonal tables. Printed in an overall brown design, this versatile china includes pops of red, gold, and green made to look as if it had been hand-colored.

Above, round rattan place mats set off *Autumn's Delight* on a traditional table decorated with colorful gourds. The graceful curves of the classically shaped teapot are an invitation to tea.

A rustic china pattern decorated with fall fruit sets the stage for beautiful autumn tables.

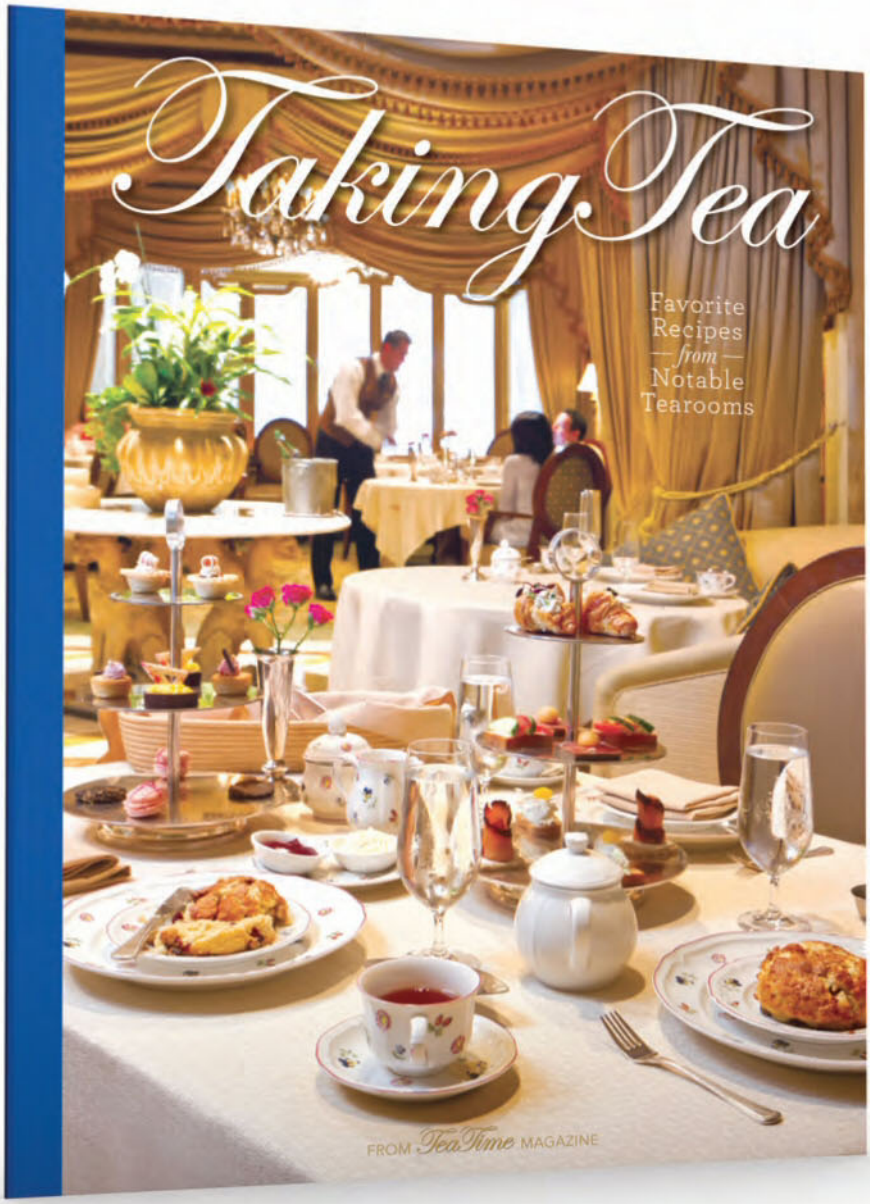
Traditional

Modern

Replace the rattan place mats with *Tortoise* chargers from Jaune de Chrome, and the table takes on an elegant mood, formal enough for Thanksgiving dinner. Gold spiral stemware, *Elegante* from Vietri, completes the look.

Rustic

Pair *Autumn's Delight* with bright orange Vietri *Forma Sunset* dinner plates and wooden-handled *Fuoco* flatware. Natural linen place mats and herringbone-patterned napkins serve as the perfect backdrop.



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Peacock Tea

Enjoy an elegant afternoon tea inspired by the iridescent blue and green plumage of the peacock.

Photography by Jim Bathie

TEA *sommelier*

Complement this fanciful menu with an assortment of teas that are sure to please.

SCONE COURSE:
Trail Lodge Tea's World Bird Sanctuary Tea
(*traillodgetea.com*, 314-680-3015)

SAVORIES COURSE:
Grace Tea Company's
Mountain Grown Fancy Ceylon Tea
(*gracetea.com*, 978-635-9500)

SWEETS COURSE:
Global Tea Mart's Bird of Paradise Black Tea
(*globalteamart.com*, 844-208-2337)

Blueberry-Spice Scones

Yield: 22

2 cups all-purpose flour
⅓ cup plus 2 tablespoons sugar, divided
2 teaspoons baking powder
¾ teaspoon ground allspice, divided
½ teaspoon salt
¼ teaspoon ground cinnamon
4 tablespoons cold salted butter, cut into pieces
1 cup plus 1 tablespoon cold heavy whipping cream
½ teaspoon maple extract
¼ teaspoon vanilla extract
1 cup plus 28 blueberries, divided
1 recipe Vanilla Whipped Cream (recipe follows)

- Preheat oven to 350°.
- Line 2 rimmed baking sheets with parchment paper.
- In a large bowl, combine flour, ⅓ cup sugar, baking powder, ½ teaspoon allspice, salt, and cinnamon, whisking well. Using a pastry blender, cut butter into flour mixture until it resembles coarse crumbs.
- In a small bowl, combine cream, maple extract, and vanilla extract, stirring to blend. Add to flour mixture, stirring until mixture is evenly moist. (If dough seems dry, add more cream, 1 tablespoon at a time.) Working gently, bring mixture together with hands until a dough forms.
- Turn out dough onto a lightly floured surface. Knead gently 4 to 5 times. Using a rolling pin, roll dough to a ½-inch thickness. Scatter ½ cup blueberries over half of dough. Fold other half of dough over blueberries to enclose them. Lightly roll out dough again to a ½-inch thickness. Repeat scattering, folding, and rolling process with another ½ cup blueberries.
- Using a 1¾-inch round cutter, cut 28 scones from dough, rerolling scraps as necessary. Place scones 2 inches apart on prepared baking sheets.

- In a small bowl, combine remaining 2 tablespoons sugar and remaining ¼ teaspoon allspice, stirring to blend. Sprinkle tops of scones lightly with sugar mixture.
- Bake until edges of scones are golden brown and a wooden pick inserted in the centers comes out clean, 18 to 20 minutes. Let cool completely.
- Just before serving, place Vanilla Whipped Cream in a pastry bag fitted with a medium star tip (Wilton #1M), and pipe ruffled upright rosettes onto scones. Top each with a blueberry.

Vanilla Whipped Cream

Yield: 2 cups

1½ cups cold heavy whipping cream
2 tablespoons confectioners' sugar
¼ teaspoon vanilla extract

- In a medium mixing bowl, combine cream, confectioners' sugar, and vanilla extract. Beat at high speed with a mixer until thick and soft peaks form.
- Use immediately, or cover and refrigerate for up to a day until needed.

Beet Slaw Canapés

Yield: 30

2 cups very finely chopped purple cabbage
½ cup very finely chopped canned beets
¼ cup very finely chopped green bell pepper
¼ cup apple cider vinegar
2 tablespoons extra-virgin olive oil
1 tablespoon very finely chopped fresh parsley
2 teaspoons sugar
½ teaspoon finely chopped shallot
½ teaspoon salt
¼ teaspoon ground black pepper
30 mini phyllo cups
Garnish: flat-leaf parsley sprigs

• In a medium bowl, combine cabbage, beets, and bell pepper, tossing to mix.
• In a jar with a screw-top lid, combine apple cider vinegar, olive oil, parsley, sugar, shallot, salt, and black pepper, shaking vigorously to blend. Pour over cabbage mixture, tossing to combine. Cover, and refrigerate for up to a day to let flavors meld.
• Just before serving, stir slaw to evenly moisten. Drain well, and divide slaw among phyllo cups.
• Garnish each with a parsley sprig, if desired.
• Serve immediately.

Dilly Purple Potatoes

Yield: 24 canapés

12 baby purple potatoes
1 teaspoon olive oil
1 (8-ounce) package cream cheese, softened
2 tablespoons snipped fresh dill
¼ teaspoon salt
⅛ teaspoon ground black pepper
Garnish: fresh dill sprigs

• Preheat oven to 400°.
• Line a rimmed baking sheet with foil.
• In a medium bowl, toss potatoes with olive oil to coat. Place potatoes in a single layer on prepared baking sheet.
• Roast potatoes until tender when pierced with a sharp knife, approximately 20 minutes. Let cool enough to handle.
• Peel potatoes, and cut in half lengthwise. Using the tip of a sharp paring knife, make a small cavity in the center of the cut side of each potato half.
• In a medium mixing bowl, combine cream cheese, dill, salt, and pepper. Beat at medium-high speed with a mixer until smooth and combined. Transfer mixture to a pastry bag fitted with a large open star tip (Wilton#1M), and pipe into cavities of potato halves.
• Garnish each half with a fresh dill sprig, if desired.

Smoked Turkey–Kale Sandwiches

Yield: 12

12 slices pumpernickel-rye-swirled sandwich bread, frozen
⅓ cup baby kale leaves
12 slices yellow Campari tomatoes
12 thin slices deli smoked turkey
1 recipe Lemon-Pepper Aïoli (recipe follows)

• Using a 3½x2-inch diamond-shaped cutter, cut 24 shapes from frozen bread slices, discarding crusts.
• Spread Lemon-Pepper Aïoli onto bread diamonds. On aïoli side of 12 bread diamonds, layer kale, tomato, and turkey. Top each with another bread diamond (aïoli side down).

Lemon-Pepper Aïoli

Yield: ⅓ cup

⅓ cup mayonnaise
½ teaspoon fresh lemon zest
⅛ teaspoon ground black pepper

• In a small bowl, combine mayonnaise, lemon zest, and pepper, stirring well.
• Use immediately, or cover and refrigerate for up to a day until needed.

Blackberry-Chai Pastry Stacks

Yield: 6

2 sheets puff pastry, thawed
1½ cups cold heavy whipping cream
¼ cup confectioners' sugar
½ teaspoon ground cinnamon
½ teaspoon ground cardamom
½ teaspoon ground ginger
¼ teaspoon ground cloves
7 tablespoons seedless blackberry preserves*, divided
Garnish: confectioners' sugar

- Preheat oven to 400°.
- Spray a rimmed 18x13-inch baking sheet with cooking spray. Place 1 puff pastry sheet on prepared pan. Spray the bottom (underside) of another 18x13-inch rimmed baking sheet with cooking spray. Place directly on top of puff pastry sheet.
- Bake for 15 to 17 minutes. Remove top baking sheet, and let puff pastry cool.
- Using a 2¾-inch round cutter, cut 9 rounds from cooled puff pastry sheet, discarding scraps. Repeat sandwiching, baking and cutting process with remaining puff pastry sheet. (You should have 18 rounds total.)
- In a medium mixing bowl, combine cream, confectioners' sugar, cinnamon, cardamom, ginger, and cloves. Beat at high speed with a mixer until soft peaks form. Add 3 tablespoons blackberry preserves, beating just until incorporated. Transfer blackberry cream to a pastry bag fitted with a medium-star tip (Wilton#30).
- Set 6 pastry rounds aside.
- Using an offset spatula, spread 1 teaspoon remaining blackberry preserves onto each of remaining 12 pastry rounds, leaving a 1-inch border around edge. Pipe blackberry-cream rosettes around outside edge. Stack pairs of pastry rounds (cream side up), and top with a reserved pastry round.
- To garnish, place a decorative stencil† on each pastry stack, and dust with enough confectioners' sugar so pattern remains when stencil is removed.
- Serve immediately.

**We used Dickinson's Seedless Marion Blackberry Preserves.*

†*We used Wilton Stick-N-Stay Adhesive Stencils.*

Lemon Macarons

Yield: 22 sandwich cookies

3 large egg whites
2 cups confectioners' sugar
1 cup almond meal/flour*
⅛ teaspoon salt
1 tablespoon granulated sugar
¼ teaspoon vanilla extract
1 recipe Blue Lemon Cream Filling (recipe follows)
Garnish: Wilton Gold Color Mist Spray

- Place egg whites in a medium bowl, and let stand, uncovered, at room temperature for exactly 3 hours.
- Line 2 rimmed baking sheets with parchment paper. Using a pencil, draw 1½-inch circles 2 inches apart on parchment paper. Turn paper over.
- In the work bowl of a food processor, combine confectioners' sugar, almond flour, and salt, pulsing to combine.
- In a large mixing bowl, beat egg whites at medium-high speed with a mixer until frothy. Gradually, add granulated sugar, beating at high speed until stiff peaks form, 3 to 5 minutes. Egg whites will be creamy, shiny, and thick.
- Add vanilla extract, beating to combine. Add almond mixture, folding until well combined and mixture falls in thick sheets from spatula. Let batter sit for 15 minutes.
- Transfer batter to a pastry bag fitted with a medium round tip (Wilton #12). Pipe into drawn circles on prepared baking sheets. Slam baking sheets vigorously on countertop 5 to 7 times to release air bubbles. Let macarons stand at room temperature for 45 to 60 minutes before baking to help develop the macaron's signature crisp exterior when baked. (Macarons should feel dry to the touch and not stick to the finger.)
- Preheat oven to 275°.
- Bake until macarons are firm to the touch, 20 to 22 minutes. Let cool completely on pans.
- Transfer macarons to an airtight container with layers separated by waxed paper. Refrigerate until ready to fill and serve.
- Place Blue Lemon Cream Filling in a pastry bag fitted with a medium round tip (Wilton #12), and pipe filling onto flat side of half of macarons. Top each with another macaron, flat sides together. Push down lightly, and twist so filling spreads to edges.
- Serve immediately, or place in an airtight container, and refrigerate for up to 3 days.

**We used Bob's Red Mill Super-Fine Almond Flour.*

Blue Lemon Cream Filling

Yield: 1 cup

4 ounces cream cheese, softened
½ cup prepared lemon curd
Wilton Cornflower Blue food color paste

- In a medium bowl, combine cream cheese and lemon curd. Beat at medium-high speed with a mixer until blended. Add a small amount of food coloring paste at a time until desired color is achieved. Cover, and refrigerate for up to a day until needed.

Petite Caramel-Chocolate Tartlets

Yield: 24

1 (4-ounce) bar bittersweet chocolate, chopped, divided
1½ cups plus 2 tablespoons cold heavy whipping cream, divided
24 (1.75-inch) mini tartlet shells*
1 (13.4-ounce) can dulce de leche (caramel)*
2 tablespoons confectioners' sugar
¼ teaspoon vanilla extract
Garnish: Wilton Sprinkles Gold Sugar Pearls, CK Products Edible Glitter Flakes Metallic Gold, Wilton Gold Pearl Dust

• Reserve 1 tablespoon chopped chocolate.
• In a medium heatproof bowl, combine remaining chocolate and 2 tablespoons cream, and heat in a microwave oven, according to package directions, stirring to combine. Divide melted chocolate among tartlet shells. Refrigerate until chocolate has cooled, approximately 30 minutes.
• Place dulce de leche in a pastry bag fitted with a medium round tip (Wilton#12), and pipe into each tartlet shell, filling level with edges.
• In a medium mixing bowl, combine remaining 1½ cups cream, confectioners' sugar, and vanilla extract. Beat at high speed with a mixer until thickened.
• Transfer whipped cream to a pastry bag fitted with a large open-star tip (Wilton#1M), and pipe a rosette onto each tartlet.
• Sprinkle tartlets with reserved 1 tablespoon chopped chocolate.
• Just before serving, garnish tartlets with sugar pearls, glitter flakes, and pearl dust, if desired.

**We used Clearbrook Farms Shortbread Tart Shells and Nestlé La Lechera Dulce de Leche.*

A Taste of Autumn

Loaded with moist pumpkin and an array of spices, these date-studded scones are delicious accompaniments for tea.

Gluten-free Pumpkin-Date Scone

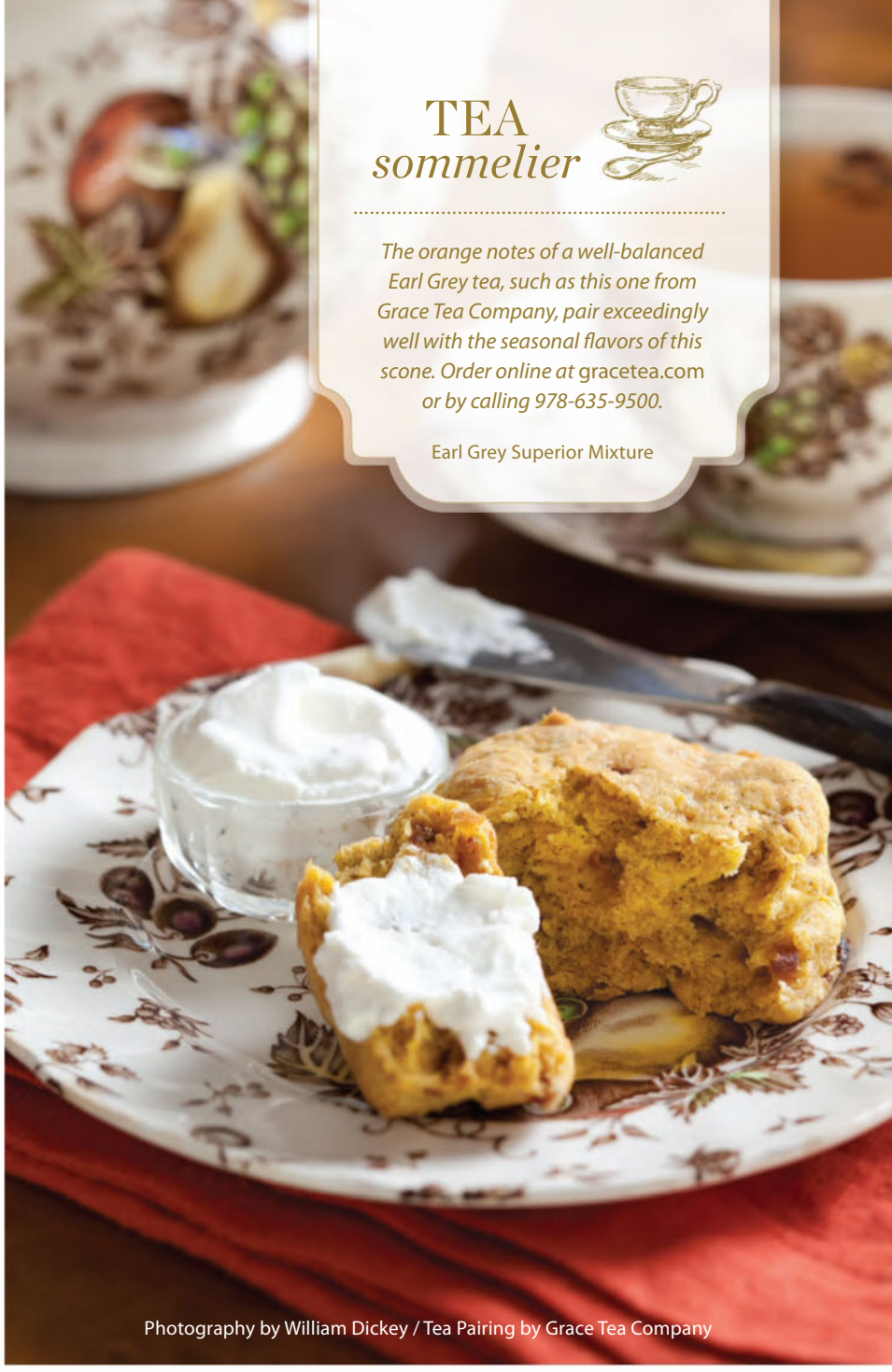
Yield: 14

2 cups gluten-free all-purpose flour*
⅓ cup sugar
2 teaspoons baking powder
¾ teaspoon ground cinnamon
½ teaspoon salt
½ teaspoon ground allspice
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
4 tablespoons cold salted butter, cut into pieces
½ cup chopped dates
¾ cup cold heavy whipping cream
½ cup canned pumpkin puree
½ teaspoon vanilla extract
Garnish: additional sugar

- Preheat oven to 350°.
- Line a rimmed baking sheet with parchment paper.
- In a large bowl, combine flour, sugar, baking powder, cinnamon, salt, allspice, ginger, and nutmeg, whisking well. Using a pastry blender, cut butter into flour mixture until it resembles coarse crumbs. Add dates, stirring to combine.
- In a small bowl, combine cream, pumpkin puree, and vanilla extract, stirring to blend. Add to flour mixture, stirring until mixture is evenly moist. (If dough seems dry, add more cream, 1 tablespoon at a time.) Working gently, bring mixture together with hands until a dough forms.
- Turn out dough onto a lightly floured surface. Knead gently 4 to 5 times. Using a rolling pin, roll dough to a ¾-inch thickness. Using a 2¼-inch round cutter, cut 14 scones from dough, rerolling scraps as necessary. Place scones 2 inches apart on prepared baking sheet.
- Garnish scones with a sprinkle of sugar, if desired.
- Bake until edges of scones are golden brown and a wooden pick inserted in the centers comes out clean, 18 to 20 minutes.

**We used Cup 4 Cup Multipurpose Gluten-free Flour, available at Williams-Sonoma, Sur la Table, Walgreens, and* amazon.com, *among others.*

Recommended Condiment
- *Clotted Cream*



Photography by William Dickey / Tea Pairing by Grace Tea Company

TEA *sommelier*

The orange notes of a well-balanced Earl Grey tea, such as this one from Grace Tea Company, pair exceedingly well with the seasonal flavors of this scone. Order online at gracetea.com *or by calling 978-635-9500.*

Earl Grey Superior Mixture

Autumn's GOLDEN LIGHT

As nature paints the world in brilliant colors—from the reds and golds of changing leaves to the deep orange of ripening pumpkins—celebrate autumn with a teatime menu of fall flavors.

Photography by John O'Hagan / Tea Pairings by Capital Teas

TEA *sommelier*

The rich flavors of these offerings from Capital Teas are ideal accompaniments to the courses of this autumn-inspired afternoon tea. Purchase them at any of their stores, or order at capitalteas.com *or by calling 888-484-8327.*

SCONE COURSE:
Pumpkin Spice Oolong (organic)

SAVORIES COURSE:
Capital Breakfast (organic)

SWEETS COURSE:
Madagascar Vanilla
Black Tea (organic)

Cinnamon Scones

Yield: 12

2 cups all-purpose flour
⅓ cup sugar
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons cold salted butter, cut into pieces
¾ cup cinnamon morsels*
¾ cup plus 2 tablespoons cold heavy whipping cream
½ teaspoon vanilla extract
Garnish: turbinado sugar

- Preheat oven to 350°.
- Line a rimmed baking sheet with parchment paper.
- In a large bowl, combine flour, sugar, baking powder, and salt, whisking well. Using a pastry blender, cut butter into flour mixture until it resembles coarse crumbs. Add cinnamon morsels, stirring to blend.
- In a liquid-measuring cup, combine cream and vanilla extract, stirring to blend. Add to flour mixture, stirring until mixture is evenly moist. (If dough seems dry, add more cream, 1 tablespoon at a time.) Working gently, bring mixture together with hands until a dough forms.
- Turn out dough onto a lightly floured surface. Knead gently 4 to 5 times. Using a rolling pin, roll dough to a ½-inch thickness. Using a 3¼-inch triangular-shaped cutter, cut 12 scones from dough, rerolling scraps as necessary. Place scones 2 inches apart on prepared baking sheet.
- Garnish scones with a sprinkle of turbinado sugar, if desired.
- Bake until edges of scones are golden brown and a wooden pick inserted in the centers comes out clean, approximately 20 minutes.
- Serve warm.

**We used Hershey's Cinnamon Baking Chips.*

Recommended Condiment
- *Clotted Cream*

"There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been!"

—Percy Bysshe Shelley

Blue Cheese Tea Sandwiches

Yield: 8

½ cup large-curd cottage cheese
½ cup salted butter, softened
1 (3-ounce) package cream cheese, softened
¼ cup blue cheese crumbles
½ teaspoon Worcestershire sauce
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon ground black pepper
16 slices very thin wheat bread

• In a medium mixing bowl, combine cottage cheese, butter, cream cheese, blue cheese, Worcestershire sauce, garlic powder, onion powder, and black pepper. Beat at medium-high speed with a mixer until well blended. Spread in a thick even layer onto 8 bread slices. Top each with a remaining bread slice. Place sandwiches in an airtight container. Freeze until very firm.
• Using leaf-shaped cutters, cut shapes from frozen sandwiches, discarding scraps. Place tea sandwiches on a serving plate, and cover with damp paper towels. Let stand at room temperature until completely thawed before serving.

KITCHEN TIP: Freezing sandwiches before cutting allows a more precise shape when cut.

Reuben Swirls

(pictured on opposite page)
Yield: 12 pastries

½ (17.3-ounce) package frozen puff pastry (1 sheet), slightly thawed
1 recipe Russian Dressing (recipe follows)
4 large thin slices corned beef
4 large thin slices Swiss cheese
½ cup well drained sauerkraut
1 large egg
1 tablespoon water

• Preheat oven to 400°.
• Line a rimmed baking sheet with parchment paper.
• Place puff pastry on a lightly floured surface. Using a rolling pin, roll slightly to flatten and make pliable.
• Spread 2 tablespoons Russian Dressing onto puff pastry, leaving a 1-inch border around edge. Top with corned beef slices and cheese within 1-inch border. Sprinkle sauerkraut evenly over cheese.
• Starting at a short end, roll up pastry firmly and evenly to form a cylinder. Using a serrated knife, cut into ½-inch slices. Place slices on prepared baking sheet.
• In a small bowl, combine egg and water, whisking to blend. Brush over tops of pastries.
• Bake until light golden brown, 13 to 15 minutes.
• Serve warm with additional dressing, if desired.

Russian Dressing

Yield: ½ cup

½ cup mayonnaise
3 tablespoons chili sauce*
2 tablespoons sweet pickle relish
¼ teaspoon ground black pepper

• In a small bowl, combine mayonnaise, chili sauce, pickle relish, and pepper, stirring to blend. Cover, and refrigerate until needed.

**We used Heinz Chili Sauce.*

Butternut Squash Tartlets

Yield: 8

1 tablespoon salted butter
½ cup sliced leeks (white part only)
1 (14.1-ounce) package refrigerated pie dough (2 sheets)
4 cups diced peeled butternut squash
1 tablespoon olive oil
¼ teaspoon salt
⅛ teaspoon ground black pepper
3 tablespoons salted butter, melted
1 tablespoon light brown sugar
½ teaspoon ground sage
2 tablespoons finely crumbled cooked bacon
Garnish: fresh sage leaves

- In a small sauté pan, melt 1 tablespoon butter over medium-high heat. Add leeks, and reduce heat to low. Cook, stirring frequently, until leeks are caramelized and lightly golden at edges, approximately 15 minutes. Let cool before finely chopping.
- Preheat oven to 450°.
- On a lightly floured surface, unroll pie dough. Using a 4½x2½-inch tartlet pan as a guide, cut 8 rectangles from pie dough. Press into bottom and up sides of 8 (4½x2½-inch) tartlet pans. Place pans on a rimmed baking sheet, and refrigerate for 30 minutes.
- Prick bottoms of tartlet shells with a fork to prevent puffing during baking.
- Bake until very lightly browned, approximately 7 minutes. Let cool completely on wire racks.
- Reduce oven temperature to 400°.
- Line a rimmed baking sheet with foil.
- In a medium bowl, toss squash with olive oil, salt, and pepper to coat. Place in an even layer on prepared baking sheet.
- Bake until tender, approximately 20 minutes, stirring halfway through.
- Meanwhile, in a medium bowl, combine 3 tablespoons melted butter, brown sugar, and ground sage, stirring to blend. Add squash, tossing gently to coat with butter mixture. Add caramelized leeks and bacon, stirring to blend. Divide mixture among cooled tartlet shells.
- Garnish each tartlet with a fresh sage leaf, if desired.

MAKE-AHEAD TIP: Squash mixture can be made a day in advance, covered, and refrigerated. Gently rewarm before using, adding more butter, if needed. Tartlet shells can be made earlier in the day, and stored in an airtight container at room temperature.

Buttermilk Fudge

Yield: 48 to 64 pieces

1 cup whole buttermilk
4 tablespoons salted butter
1 tablespoon corn syrup
2 cups sugar
1 teaspoon baking soda
1 teaspoon vanilla extract
½ cup finely chopped roasted, salted peanuts

• Line an 8x8-inch pan with foil, letting foil hang over sides to use as handles. Spray with cooking spray.
• In a deep medium saucepan, combine buttermilk, butter, corn syrup, sugar, and baking soda over medium-high heat, stirring until sugar and butter dissolve. Reduce heat to medium, and insert a candy thermometer. Cook, stirring frequently, until thermometer just registers 240°, approximately 10 minutes. (Mixture will turn a deep caramel color.) Remove from heat immediately, and add vanilla extract, but don't stir. Let mixture cool for approximately 10 minutes.
• Add peanuts, and stir vigorously with a wooden spoon until mixture thickens and becomes opaque. Quickly transfer to prepared pan, and smooth top with an offset spatula. Let cool at room temperature until fudge sets.
• When fudge has cooled, using foil overhang as handles, lift fudge from pan, and place on a cutting board. Cut fudge into pieces, and store in an airtight container.

KITCHEN TIP: Be sure to use a deep saucepan as mixture bubbles up quite high at the beginning of the cooking stage.

Snickerdoodle Thumbprint Cookies

Yield: approximately 48

2¼ cups all-purpose flour
1 teaspoon cream of tartar
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup unsalted butter, softened
1⅔ cups sugar, divided
2 egg yolks
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 cup prepared apple butter

• Preheat oven to 350°.
• Line several rimmed baking sheets with parchment paper.
• In a medium bowl, combine flour, cream of tartar, baking powder, baking soda, and salt, whisking well.
• In a large mixing bowl, combine butter and ⅔ cup sugar. Beat at high speed with a mixer until light and creamy. Add egg yolks and vanilla extract, beating until combined. Add flour mixture, beating until incorporated.
• In a small bowl, combine remaining 1 cup sugar and cinnamon, stirring to blend.
• Using a levered 2-teaspoon scoop, drop dough into cinnamon-sugar mixture, tossing to coat. Place dough balls 2 inches apart on prepared baking sheets.
• Using a finger or the back of a rounded measuring spoon, press an indentation into the center of each dough ball. Fill each indentation with ½ teaspoon apple butter.
• Bake for 7 minutes. Remove pans from oven, and fill each indentation with an additional ½ teaspoon apple butter. Bake until edges of cookies are golden brown, 6 to 8 minutes.
• Transfer cookies to wire cooling racks, and let cool completely. Store in a single layer in airtight containers, and refrigerate for up to a day.

Walnut-Apricot Spice Cake

Yield: 16 to 20 servings

2 cups cake flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground allspice
¼ teaspoon baking soda
¼ teaspoon ground nutmeg
⅛ teaspoon ground black pepper
½ cup unsalted butter, softened
½ cup sugar
3 tablespoons molasses
1 large egg
1 cup plus 2 tablespoons sour cream
1 recipe Walnut-Sherry Filling (recipe follows)
1 recipe Vanilla Buttercream (recipe follows)
2 cups finely chopped toasted walnuts
½ cup apricot preserves, melted

- Preheat oven to 350°.
- Spray 2 (9-inch) round cake pans with baking spray with flour.
- In a medium bowl, combine flour, baking powder, salt, cinnamon, ginger, allspice, baking soda, nutmeg, and black pepper, whisking well.
- In a large mixing bowl, combine butter, sugar, and molasses. Beat at high speed with a mixer for 3 minutes. Add egg, beating until well combined.
- Add flour mixture to butter mixture in thirds, alternately with sour cream, beating at low speed until just incorporated. Divide batter between prepared cake pans, smoothing tops with an offset spatula. Tap pans on countertops to level and reduce air bubbles.
- Bake until edges of layers are golden brown and a wooden pick inserted in the centers comes out clean, approximately 13 minutes. Let layers cool in pans for 10 minutes. Turn out onto wire cooling racks, and let cool completely.
- Place one layer (top side up) on a cake plate. Using an offset spatula, spread a thick, even layer of Walnut-Sherry Filling onto cake. Top with remaining cake layer (top side down).
- Using an offset spatula, spread a thick layer of Vanilla Buttercream onto sides of cake. Press nuts onto sides of cake.
- Leaving a ½-inch border around edge, spread apricot preserves onto top of cake.
- Place remaining frosting in a pastry bag fitted with a large open-star tip (Wilton #1M). Pipe a decorative scroll border onto edge of cake.
- Store cake in a covered container in the refrigerator for up to a day. For best flavor and texture, let come to room temperature before serving.

Walnut-Sherry Filling

Yield: 1 cup

1 cup Vanilla Buttercream (recipe follows)
½ cup finely chopped toasted walnuts
4 teaspoons dry sherry (not cooking sherry)

- In a medium mixing bowl, combine buttercream, walnuts, and sherry, stirring well. Use immediately, or cover and refrigerate until needed. Let sit at room temperature to soften before using.

Vanilla Buttercream

Yield: 3 cups

5 cups confectioners' sugar
½ cup unsalted butter, softened
½ teaspoon vanilla extract
¼ teaspoon salt
¼ cup whole milk

- In a large mixing bowl, combine confectioners' sugar, butter, vanilla extract, salt, and milk. Beginning at medium-low speed and gradually increasing to high speed, beat with a mixer until smooth and fluffy.
- Use immediately, or cover and refrigerate until needed. Let sit at room temperature until soft enough to use. Beat with a mixer for 1 minute before using.

TEA *for a* *Cause*

Support the mothers, daughters, sisters, and friends in your life by giving an "Afternoon Teal" to bring awareness to ovarian cancer. It's a lovely way to unite everyone behind a common cause and show them how much you care.

Photography by John O'Hagan and William Dickey / Tea Pairings by Simpson & Vail

Double-Ginger Scones

Yield: 12

2 cups all-purpose flour
⅓ cup organic cane sugar
2 teaspoons baking powder
1 teaspoon ground ginger
½ teaspoon salt
4 tablespoons cold salted butter, cut into pieces
3 tablespoons chopped crystalized ginger
¾ cup unsweetened almond milk
1 egg yolk
Garnish: sliced almonds, additional crystalized ginger

- Preheat oven to 350°.
- Line a rimmed baking sheet with parchment paper.
- In a large bowl, combine flour, sugar, baking powder, ground ginger, and salt, whisking well. Using a pastry blender, cut butter into flour mixture until it resembles coarse crumbs. Add crystalized ginger, stirring to blend.
- In a small bowl, combine almond milk and egg yolk, whisking well. Add to flour mixture, stirring until mixture is evenly moist. (If dough seems dry, add more almond milk, 1 tablespoon at a time.) Working gently, bring mixture together with hands until a dough forms.
- Turn out dough onto a lightly floured surface. Knead gently 4 to 5 times. Using a rolling pin, roll dough to a ¾-inch thickness. Using a 2-inch fluted square cutter, cut 12 scones from dough, rerolling scraps as necessary. Place scones 2 inches apart on prepared baking sheet.
- Garnish tops of scones with sliced almonds and crystalized ginger, if desired.
- Bake until edges of scones are golden brown and a wooden pick inserted in the centers comes out clean, approximately 20 minutes.
- Serve warm.

Recommended Condiments
- *Clotted Cream*
- *Lemon Curd*

TEA *sommelier*

Delight your guests with a trio of flavorful teas especially selected to pair with the food of each course of this menu. Order from Simpson & Vail at svtea.com *or by calling 800-282-8327.*

SCONE COURSE:
Pear Black Tea

SAVORIES COURSE:
Mao Feng China Black Tea

SWEETS COURSE:
Creamy Toasted Coconut Oolong

Mini Savory Mushroom-Corn Cheesecakes

Yield: 18

1 (8-ounce) package sliced baby portobello mushrooms
½ teaspoon olive oil
½ plus ⅛ teaspoon salt, divided
42 buttery round crackers*
½ cup salted butter, melted
2 (8-ounce) packages cream cheese, softened
¼ cup all-purpose flour
2 tablespoons heavy whipping cream
½ teaspoon Worcestershire sauce
⅛ teaspoon ground black pepper
2 large eggs
½ cup fresh corn kernels
3 tablespoons finely chopped orange bell pepper
1 tablespoon finely chopped fresh parsley
1 tablespoon finely chopped shallot
1 tablespoon fresh thyme leaves
Garnish: chopped orange bell pepper, parsley leaves, thyme leaves

- Preheat oven to 350°.
- Line a rimmed baking sheet with parchment paper.
- Arrange mushrooms in a single layer on prepared baking sheet. Drizzle with olive oil, and sprinkle with ⅛ teaspoon salt.
- Roast mushrooms until they release juices, approximately 20 minutes. Let cool, and chop finely.
- Spray 18 wells of 2 (12-well) mini cheesecake pans with cooking spray.
- In the work bowl of a food processor, pulse crackers until fine.
- In a small bowl, combine cracker crumbs and melted butter, stirring until blended. Press 2 teaspoons crumb mixture into bottom of each prepared well of pans.
- Bake for 6 minutes.
- In a medium mixing bowl, beat cream cheese at medium speed with a mixer until light and creamy. Add flour, cream, Worcestershire sauce, remaining ½ teaspoon salt, and pepper. Add eggs, beating just until incorporated. Add roasted mushrooms, corn, bell pepper, parsley, shallot, and thyme, stirring until incorporated. Divide mixture among prepared wells of pans.
- Bake until cheesecakes are slightly puffed, approximately 12 minutes. Let cool for 1 hour before removing from pans.
- Garnish with bell pepper, parsley and thyme, if desired.
- Serve warm.

**We used Ritz Crackers.*

Brussels Sprouts Canapés with Hummus and Roasted Carrot Pesto

Yield: 24

¼ cup prepared hummus
24 small gluten-free crackers*
24 Brussels sprout leaves
1 recipe Roasted Carrot Pesto (recipe follows)
Garnish: chopped toasted almonds

- Spread a thin layer of hummus onto each cracker. Top each with a single Brussels sprout leaf. Fill each leaf with a dollop of Roasted Carrot Pesto.
- Garnish with chopped almonds, if desired.
- Serve immediately.

**We used Crunchmaster Multi-Seed Crackers.*

Roasted Carrot Pesto

Yield: ⅓ cup

3 carrots, cut in half lengthwise
1 clove garlic
1 tablespoon plus ¼ teaspoon extra-virgin olive oil, divided
2 tablespoons freshly grated Parmesan cheese
1 tablespoon chopped toasted almonds
2 teaspoons fresh lemon juice
⅛ teaspoon salt
⅛ teaspoon ground black pepper
Garnish: additional extra-virgin olive oil

- Preheat oven to 400°.
- Line a rimmed baking sheet with foil.
- Place carrots and garlic in a single layer on prepared baking sheet. Drizzle with ¼ teaspoon olive oil.
- Bake until carrots are very tender when pierced with a fork, approximately 25 minutes.
- In a bowl, mash carrots and garlic into a rough purée. Add remaining 1 tablespoon olive oil, cheese, almonds, lemon juice, salt, and pepper, stirring to blend. Transfer mixture to a covered container, and garnish with a thin layer of olive oil, if desired, to prevent drying out. Refrigerate until needed.

Salmon-Chive Finger Sandwiches

Yield: 9

2 (5-ounce) cans skinless, boneless salmon*
¼ cup mayonnaise
1 tablespoon finely chopped celery
1 tablespoon finely chopped Kalamata olives
1 tablespoon finely chopped fresh parsley
1 tablespoon finely chopped fresh chives
1 teaspoon fresh lemon zest
⅛ teaspoon salt
⅛ teaspoon ground black pepper
9 slices very thin white sandwich bread
Garnish: fresh chives

- In a medium bowl, combine salmon, mayonnaise, celery, olives, parsley, chives, lemon zest, salt, and pepper, stirring well.
- Spread salmon mixture onto a bread slice. Top with another bread slice, and spread with salmon mixture. Top with a third bread slice to make a triple-stack sandwich. Repeat with remaining bread slices and salmon mixture.
- Using a serrated bread knife in a gentle sawing motion, trim and discard crusts from sandwiches. Cut each sandwich into 3 finger sandwiches.
- Tie a chive around each finger sandwich, trimming ends of chives as necessary.

**We used Bumble Bee Skinless & Boneless Pink Salmon.*

Chocolate, Nut, and Goji Candies

Yield: 20

½ cup heavy whipping cream
3 (4-ounce) bars bittersweet chocolate, finely chopped
2 tablespoons chopped toasted hazelnuts
2 tablespoons chopped toasted walnuts
2 tablespoons dried goji berries
Garnish: chopped toasted hazelnuts and walnuts, flaked salt

- Line 20 wells of a mini-muffin pan with baking cups.
- In a medium saucepan, heat cream until very hot, but not boiling. Remove from heat, and add chocolate, whisking until chocolate melts. (If necessary, return to low heat to melt chocolate.) Add nuts and goji berries, stirring well. Divide chocolate mixture among prepared wells. Tap pan on counter to eliminate air pockets and to settle mixture.
- Garnish with chopped nuts and flaked salt, if desired.
- Refrigerate until set.

Maple–Sugar Cookie Ribbons

Yield: 3 dozen

1 cup salted butter, softened
1½ cups sugar
1 teaspoon maple extract
1 teaspoon vanilla extract
½ teaspoon butter extract
2 large eggs
3¼ cups all-purpose flour
¼ teaspoon baking powder
¼ teaspoon salt
1 (8-ounce) jar pearlized sugar*

- Preheat oven to 325°.
- Line 2 rimmed baking sheets with parchment paper.
- In a large mixing bowl, combine butter, sugar, maple extract, vanilla extract, and butter extract. Beat at medium speed with a mixer until light and fluffy. Add eggs, one at a time, beating well after each addition.
- In a medium bowl, combine flour, baking powder, and salt, whisking well. Gradually add flour mixture to butter mixture, beating until incorporated.
- Divide dough in half, and shape into 2 disks. Wrap securely in plastic wrap, and refrigerate overnight.
- Working with one portion of dough at a time on a floured surface, roll out dough to a ⅛-inch thickness. Cut into 5x¾-inch strips. Sprinkle with pearlized sugar, and press sugar lightly into dough.
- Place strips on prepared baking sheets, and shape each into a crossed ribbon.
- Bake until edges are just beginning to turn light golden, 9 to 11 minutes. Transfer cookies to wire cooling racks, and let cool completely.
- Store in an airtight container.

**We used Wilton Sapphire Pearlized Sprinkles.*

Sweet Potato–Coconut Tartlets

Yield: 6

2 cups cubed raw peeled sweet potatoes
1 large egg
¼ cup firmly packed light brown sugar
¼ cup coconut milk
2 tablespoons salted butter, melted
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
⅛ teaspoon salt
1 (14.1-ounce) package refrigerated pie dough (2 sheets)
1 recipe Sweetened Whipped Cream (recipe follows)
Garnish: toasted sweetened shredded coconut

- Preheat oven to 450°.
- In a medium saucepan, cover sweet potatoes with water. Bring to a boil over high heat. Reduce heat so sweet potatoes boil gently. Cook until very tender when pierced with a fork, 10 to 15 minutes.

COLORS FOR OTHER CAUSES

To bring awareness to other diseases or causes, replace the teal elements in this menu and table setting with the color that corresponds to it, such as pink for breast cancer, purple for pancreatic cancer, and red for heart disease.

- Drain sweet potatoes well, and place in a medium mixing bowl with egg, brown sugar, coconut milk, melted butter, vanilla extract, cinnamon, allspice, and salt. Beat at medium-high speed with a mixer until smooth.
- Using a 4½-inch round cutter, cut 6 rounds from pie dough sheets. Press rounds into 6 (3¾-inch) tartlet pans with removable bottoms. Place prepared tartlet pans on a rimmed baking sheet.
- Divide sweet potato mixture among prepared tartlet pans.
- Bake for 10 minutes. Reduce oven temperature to 350°, and bake until a knife inserted in centers of tartlets comes out clean, approximately 15 minutes. Let cool completely before removing from tartlet pans.
- Place Sweetened Whipped Cream in a pastry bag fitted with a large open-star tip (Wilton 1M). Holding pastry bag in an upright fashion, pipe whipped cream stars onto tartlets.
- Garnish tartlets with toasted coconut, if desired.

Sweetened Whipped Cream

Yield: 1 cup

½ cup cold heavy whipping cream
1 tablespoon confectioners' sugar

- In a small mixing bowl, combine cream and confectioners' sugar. Beat at high speed with a mixer until thickened.

Photograph by Scott Johnson, Hawks Photography

Photograph by Scott Johnson, Hawks Photography

Photography by Antonis Achilleos Photography

(Top) Sugar-paste gold-rimmed flowers adorn checkerboard cupcakes that are perfect for a fancy afternoon tea or a small wedding. Coordinating cookies, also edged in shimmer sugar, complete the look. (Above) Kerry's cakes are so intricate most people have difficulty believing they are completely edible.

Kerry Vincent

From Tea and Cakes to Afternoon Teals

Text by Lorna Reeves
Photography Courtesy of Kerry Vincent

Drinking tea was an integral part of Kerry Vincent's life long before she learned to bake. "In Australia, all little ones end up having tea in some form or another," says the longtime judge of *Food Network Challenge*. (Her accent assures her provenance despite decades of living in Oklahoma with her oilman husband, Doug.) "My mother, along with all the other Australian mums since and prior, made sure we understood that we were supposed to drink tea." For Kerry and her family, however, tea drinking was not just a ritual—it was a way of life. Weddings and similar happy occasions were celebrated with it, as were funerals and other, more somber times, though the latter would be prefaced with "Oh, it will be all right. Let's have a nice cup of tea."

Because she was "her mother's daughter" and grew up on a sheep farm, baking became a regular practice for Kerry, who was adept at it by the time she was 12. "The touch with the sponge [cake] and with the scones—and getting it right—differentiated those who knew what they were doing from those who didn't," she explains.

After Kerry married, her husband's career moved the couple to London, Singapore, Mexico, and Holland, among other places. They became part of the consular-party circuit in each place and entertained often. Her baking skills were impressive enough for her peers to dub her "dessert queen," though she says her icing and piping skills were somewhat basic. In 1983, Kerry and Doug settled in Tulsa, Oklahoma, into what they hoped would be a calm life—that is, until a friend asked Kerry to make a wedding cake. The rest, as the saying goes, is history—sugar-art history.

The cake, covered in buttercream roses, which she had just learned to make, was such a success, all the bridesmaids wanted Kerry to make their wedding cakes when the time came. Because she wanted her creations to be unique, she bought Australian books on the subject and spent two years learning how to make rolled fondant and gum paste, techniques not in much use in the United States at that time. Kerry gained recognition as a master sugar artist, and soon her spectacular wedding cakes were winning awards and being featured in *Brides* magazine. Her expert skills, as well as a jovial, tell-it-like-it-is personality, earned her a long stint as a judge on *Food Network Challenge* and later as host of *Save My Bakery* on the same network.

After a visit to her homeland to judge the 2013 Great Australian Bake Off, Kerry was approached about serving as the high-profile national ambassador for Ovarian Cancer Australia. Because of her culinary notoriety, as well as her affinity for tea, they believed she would be the ideal choice to promote Afternoon Teals, the organization's program for hosting afternoon teas to raise awareness as well as funds for research. (Teal is the color associated with the disease.)

"Being that tea is something I enjoy, it didn't take long to convince me," she explains. Her own mother battled this form of cancer for 15 years before succumbing to it, so for Kerry, this cause is quite personal. "If I can help save just one person's life by reminding everyone about early detection, it will be worthwhile," she says, the passion evident in her voice. "Awareness is key. You're not immune just because you're 12 or because you've had a hysterectomy or a Pap smear (which does not detect ovarian cancer)."

Ovarian Cancer Australia

"My one indulgence is to ship my tea in from Madura Tea Estate in Australia," says Kerry. "I've done that for over 32 years."

Afternoon Teals are usually held during February, Australia's annual Ovarian Cancer Awareness Month. During the promotion's inaugural year, there were 300 teals, and just two years later, in 2016, the count has grown to 575. Those wishing to host a teal can register their event at *afternoonteal.net.au*, and they will receive a kit to help plan and promote the event. Although there is nothing comparable in the United States during September, National Ovarian Cancer Awareness Month, Kerry encourages tea lovers everywhere to host a teal. "It doesn't matter to me if it's someone putting a billy [kettle] on the fire in the Outback or someone hosting an elegant afternoon tea in the city." Funds are needed for research and awareness worldwide, she adds. And what better way to do it than with a nice cup of tea?

For more information about Afternoon Teals and ovarian cancer, go to ovariancancer.net.au*, or write to Kerry Vincent at* kvsugarart@aol.com.

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SIPPING TEA IN THE Bluegrass State

Five must-visit venues in central Kentucky

Text by Betty Terry
Photography by John O'Hagan

Kentucky, especially the Bluegrass Region in the central part of the state, is known for two things—horseracing and bourbon. But sipping another brew is gaining popularity there. Gay Reading of Lexington's Greentree Tearoom attributes the rise of tea drinking to Kentuckians' longtime affinity for the British Isles. "We are the horse capital of the world," he points out. "When people from this area go to Europe, they typically visit England and Ireland—horse-racing countries but also tea-drinking countries." And as a recent trip to Kentucky demonstrates, owning a tea business in the Bluegrass State is often a family affair. From tea shops run by husband-and-wife teams to sisters who host afternoon tea, these delightful tea businesses will welcome you like a member of the family.

The culinary skills of both Paula Jaenichen and her sister, Amy Pickerell, come together to create the sumptuous tea trays for the Afternoon Tea. (Below right) Customers are encouraged to sniff and choose a tea before they sit down at their table. (Below) 2 Sisters' scones are served with jam, pineapple curd, and faux clotted cream.

2 SISTERS TEA ROOM

205 West Main Street
Vine Grove, Kentucky 40175
207-877-2393
2sisterstearoom.com

Even if you didn't know the name of this quaint tearoom in Vine Grove, Kentucky, you would immediately recognize that the proprietors, Paula Jaenichen and Amy Pickerell, are sisters. No, they don't exactly look alike, but they finish each other's sentences in the way sisters do. And their conversations are filled with laughter.

The siblings grew up in Meade County, southwest of Louisville in central Kentucky, and Amy has remained in the area. Paula's husband, Chip, is a retired U.S. Navy submarine captain, and his career has taken the couple all around the world. Four years ago, when Chip started thinking about retiring, he began looking for a business to invest in. His sister-in-law had the perfect suggestion—she and Paula should open a tearoom.

The two-story cottage in Vine Grove that houses 2 Sisters Tea Room had previously housed a tearoom, Gracefully Yours, that closed in 2009. Amy had been one of its regular customers. "I used to drop in at least once a week for their "Spot of Tea," she recalls. "I loved it." The building had sat empty for four years, but Amy had stayed in touch with the previous owners, so she contacted them. It wasn't long before Paula, a retired school teacher, returned to Vine Grove, and Two Sisters Tea Room was open for business.

Tuesday through Saturday, the siblings can be found in the tearoom's tiny kitchen, preparing for the day's customers. Crowds make her uncomfortable, Amy says, and she prefers a behind-the-scenes role. Paula is the outgoing one—she greets customers and shows them to a table in one of the two dining rooms. "The tearoom seats only 34," Paula explains. "We can add an extra chair to each table and stretch that to 42."

Paula and Amy offer a Cream Tea (a pot of tea and a scone) for $5.95 and a Petite Tea that adds fruit, a tea sandwich, and a bite-sized dessert for $12.95. The more substantial Afternoon Tea for $20.95 includes an assortment of tea sandwiches, savories, and desserts. "Everything we can make from scratch, we do," Amy points out. The Petite Tea and the Afternoon Tea come with a bottomless pot of tea.

(Left) Bruce and Shelley Richardson's son, Ben, has joined their tea business. (Below) Several varieties of teas are always available to sample and purchase at Elmwood Inn Fine Teas, including their exclusive Bourbon Black Tea.

ELMWOOD INN FINE TEAS
135 N. 2nd Street, Danville, Kentucky 40422
800-765-2139 • *elmwoodinn.com*

"Bruce and I always say that tea is not a commodity; it's a lifestyle," says Shelley Richardson, co-owner with her husband, Bruce, of Elmwood Inn Fine Teas. These days, the couple's tea lifestyle centers around their tea shop and online tea business in Danville, Kentucky.

Longtime readers of *TeaTime* may recall that the Richardsons once owned a tearoom in Perryville known as the Elmwood Inn. (It was featured in *TeaTime*'s premiere issue in 2003.) After enjoying afternoon tea there, guests would often ask where they could buy tea like what they had just been served. "In the early 1990s, I had to say, 'You can't. You can't buy loose tea in America,'" Bruce recalls. The couple started bagging and selling loose-leaf teas at their tearoom, eventually creating their own Elmwood Inn brand. "We had to. There was such a demand for tea," Bruce says.

The company is always evolving into something new, says Shelley. Their mail-order tea business grew so large they decided to close the tearoom in 2006 and open a shop dedicated to blending and selling fine teas. In 2012, Elmwood Inn Fine Teas moved to the sun-filled shop on Second Street, just a few blocks from Danville's quaint town square.

Although Bruce and Shelley have owned a tea business for more than a quarter of a century, they haven't abandoned their first careers—as teachers. "We're still teaching. We do it in our shop every day," Shelley says. Whether tea connoisseurs or newcomers to tea, customers who come into the shop will leave knowing just a little more about the genial beverage. Hundreds of students have attended the couple's professional tea master classes, Tea 101 and Tea & Etiquette, since they began in 1999. "We teach what we know and how we live," she says.

Elmwood Inn Fine Teas is evolving once again. "Our son, Ben, has joined us in our business," Shelley points out. "He grew up with tea, and he's the next generation of Elmwood Inn Fine Teas."

LOUISVILLE TEA COMPANY

9305 New LaGrange Rd. • Louisville, KY 40242
502-365-2516 • *louisvilleteacompany.com*

When Nick and Nicolette Spears opened the Louisville Tea Company in Kentucky's largest city four years ago, they had one simple goal—to bring high-quality tea to Louisville. "We started small, but people who like tea have just magically found us," Nicolette says.

Nicolette, a native of Phoenix, Arizona, met Nick when she moved to his hometown of Louisville. "We had set our sights on opening a business," recalls Nicolette, who previously worked in several tea shops in Arizona. A road trip across the country inspired the couple to open the Louisville Tea Company. Inside the colorful and eclectic shop on New LaGrange Road, more than 150 tins of tea line the walls. Some are sourced from other companies; some the Spearses blend themselves.

Among these are four signature blends they created to appeal to local tastes. Louisville Breakfast is a strong black tea with a light smokiness, a hint of chocolate, and a robust malty finish. Derby City Green is a light blend of green and oolong teas with lemongrass, orange, and spearmint. (Nicolette says it has a mint julep vibe.) Bashford Bedtime, named for local bed-and-breakfast Bashford Manor, has floral overtones with a hint of mint. Kentucky Morning, the Louisville Tea Company's most popular blend, consists of black tea, orange peel, and cinnamon—perfect for a brisk Kentucky morning. Customers can sample any of the teas before they buy. Small and large cups of tea are available hot or iced, and there are bulk packages to enjoy at home.

Although the teas can be purchased online on their website, the Spearses enjoy the hands-on aspect of their retail store. "In Louisville, we're a destination place. We like having customers who plan to be here," Nicolette says. "We're all about getting people in touch with tea."

(Above left) Nick and Nicolette Spears offer four signature teas blended for Kentucky tastes, as well as other high-quality teas from around the world. (Below) Stainless-steel cans of tea line the shelves at the Louisville Tea Company, ready to be sniffed or sampled.

(Right) The antiques area of the Greentree Tearoom offers plenty of vintage teawares to tempt lunch-goers. (Below) The tearoom is housed in a historic home in downtown Lexington on land that once belonged to First Lady Mary Todd Lincoln's family. (Bottom) The final two courses of a typical Greentree luncheon are served buffet style.

GREENTREE TEAROOM

521 West Short Street • Lexington, Kentucky 40507 • 859-455-9660
greentreetearoom.com

When Gay Reading and John Martin got together in 1999 to open Greentree Tearoom—a combination tearoom and antique store in the historic center of Lexington—they had a clear idea of the kind of place they wanted it to be. "Our idea was to serve tea in a restaurant the way you would at home," explains Gay. "We wanted a place that reflected local traditions." Their concept was for a restaurant that would serve a light luncheon, based on the British tradition of afternoon tea.

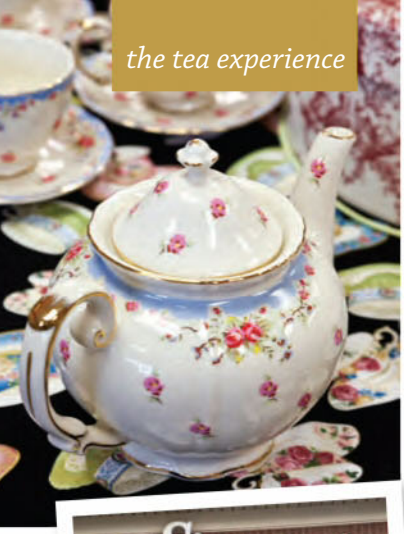
The five-course menu at Greentree Tearoom is set so that guests don't have to spend time ordering at lunch; it changes monthly. "We always start with a soup, hot or cold, depending on the season. Then we serve hot scones right out of the oven," Gay says. "We will not serve scones after they've cooled down," he insists. The scones are accompanied by lemon curd or jam and Fayette Cream, the Greentree's own version of clotted cream.

The third course is a light entrée. "The dishes on our menu are traditional Southern luncheon fare," Gay explains. He describes them as things his grandmother would have served when she entertained, such as pimento cheese, asparagus crêpes, and mini hot browns.

The final two courses are traditional tea savories and sweets, served from a buffet in the center of the tearoom. "You can go to the buffet, take as much as you want, and go back as many times as you want," Gay points out. "No one leaves here hungry."

Along with luncheon comes a cup of hot tea. "We serve just one tea, but it's poured constantly," Gay points out. "We keep your cup full." Like the tearoom's menu, the tea changes monthly, typically a blend of Darjeeling, Nilgeri, or Assam. "We buy bulk tea from Indian estates, and we blend our own. We try to pair our teas with what goes well with the menu for each month."

Over the past 17 years, the Greentree has become the place where Lexington celebrates special events—from birthdays to baby showers. "We provide a nice service," Gay says, "especially for young people in today's culture who want to have an affordable but elegant place to host a special event."



(Left) Sisters Tea Parlor offers an abundant tea tray, and each guest gets his or her own pot of tea. (Below) Connie Young, center, and her daughters Lori Crowe, left, and Kelly Stariha, right, are the ladies behind Sisters Tea Parlor. (Bottom) The boutique area has a tea bar where shoppers can grab a quick cup of tea, hot or iced.

SISTERS TEA PARLOR & BOUTIQUE
4765 Fox Run Road
Buckner, Kentucky 40010
502-222-6420
sisterssteaparlor.com

Lori Crowe and her mother, Connie Young, understand the healing power of tea. That's why they decided to open a tearoom inside Connie's gift shop, Sisters Boutique, in 2007. From the beginning, they had a clear goal. "Everybody who came in to Sisters Tea Parlor & Boutique would be treated like a queen," Lori says.

"When we first started talking about opening a tearoom, we were probably naïve," she admits. "We had unrealistic ideas of how it would be." Turning their dream into reality has required a lot of hard work, and the mother-daughter team has learned many valuable lessons along the way. The first of these was very simple, Connie says. "People in the Louisville area don't want to have tea in the afternoon. They would rather have it for lunch."

Secondly, Lori says, to ensure that every person who walks through Sisters tearoom's doors has the same wonderful experience, training and cross-training their employees are essential. Over the years, Connie and Lori have developed written processes for every task in the tearoom. "We have a fabulous staff of 25; we call them our TEAm," Lori says.

The third lesson, Connie points out, was an important one. "We have to work on the business, not in the business." If it was going to be a success, they had to accept that they couldn't do everything themselves. Connie, Lori, and her sister, Kelly, had to learn to delegate. Today, Connie handles buying for the boutique. Lori is in charge of marketing, menus, and special events. She also keeps a close eye on the baking staff to ensure the food served at Sisters Tea Parlor meets her standards. And sister Kelly is in charge of human resources and oversees the tearoom's wait staff.

Connie has a longtime dream for the future of Sisters Tea Parlor that dates back to the 1980s. "I have always wanted to build a Victorian shopping center—our own historic street." This new development would house the tearoom and boutique, as well as other women-focused businesses, and it's close to becoming a reality. "I want this to be a destination for women," she says.

"We don't limit ourselves by the impossible," Lori says. "We have faith that if we have the vision for it, it is possible."

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Honoured by the Queen

Text by Jane Pettigrew

The British Empire Medal (BEM) dates back to 1922 when it was part of the Order of The British Empire (OBE), an honour awarded to subjects of the United Kingdom for "meritorious service." In 1992, it was discontinued as part of the British Honours system but was reintroduced in 2012 to coincide with the Queen's Diamond Jubilee. Recipients are nominated by their community or industry, and it takes up to two years for the nomination to be assessed and approved. The only people who know who is to receive an honour are the Queen, the Prime Minister, their staffs, the deciding committee, and the recipient, who is sworn to silence until the information is released to the press.

At the end of November 2015, a very plush envelope popped through my door. Inside, I found a letter from the Cabinet Office saying, "Dear Madam, the Prime Minister has asked me to inform you in strict confidence, that having accepted the advice of the Head of the Civil Service and the Main Honours Committee, he proposes to submit your name to the Queen. He is recommending that Her Majesty may be graciously pleased to approve that you be awarded a British Empire Medal in the New Year 2016 Honours List." Imagine my total and utter surprise—and, of course, the immediate desire to tell someone! But that is not allowed, and I had to keep the secret to myself until 30th December, when the list was released to the press for publication online and in the nation's newspapers.

Every recipient of an honour is invited to a garden party at Buckingham Palace, and each guest is allowed to take a friend or partner with them. The date having been settled, the next crucial question was, "What am I going to wear?" I decided that my outfit should have a tea theme, so I chose a dress that I would (and will) wear to a tea dance. The 1950s style of the garment also paid tribute to the fact that the Queen came to the throne in 1953. Additionally, that was the decade during which I was being spoiled with family tea parties at home, in my grandparents' garden, and in riverside meadows in the Kent countryside.

On the day of the gathering, it rained heavily almost continuously from dawn to dusk, and the rain clouds were particularly unkind at 4 o'clock when the royal party walked out of the palace into the garden. The heavens opened, and the lawn quickly became a sea of brightly coloured umbrellas as we all struggled to stay at least partially dry. We caught a very brief glimpse of the Queen as she walked down through the crowds, stopping to chat with those who had been chosen to be presented. The only really dry place in which to take refuge was the tea tent, and with 8,000 guests at the party, this became rather full very quickly! So, with elbows in, furled umbrellas dripping, and high heels teetering on the muddy grass, we made our way to the front of the queue, where we were served a cup of tea, which fit neatly onto a white china cup-tray. We helped ourselves to the most

(Right) Jane's friend and solicitor, Peter Smith, who nominated her for the honour, accompanied her to the Buckingham Palace garden party. (Below right) After partaking of finger sandwiches and scones along with cups of tea, partygoers enjoyed an array of petite sweets.

delicious finger sandwiches (cucumber and mint, egg mayonnaise, etc.), little bagels with smoked salmon, wonderfully light half scones topped with clotted cream and jam, tiny individual carrot cakes, slices of Battenburg cake, squares of chocolate cake topped with a golden crown, and little round lemon tarts—all were exquisite! After tea, we wandered around the garden, chatting to other guests and listening to the two bands playing on opposite sides of the huge lawn. Much later, we were allowed to browse the royal portraits that hang in the palace's Grand Entrance. It was a very elegant and fascinating afternoon.

The presentation of the medal took place at The Tower of London on Friday, 20th May. Clad in the same 1950s outfit, I was awarded my BEM by the Queen's Lord Lieutenant, Kenneth Olisa. As each recipient was welcomed to the stage, a citation was read out to explain the reason for the honour, and then the Lord Lieutenant placed the medal on a special hook that had been pinned onto my dress in advance. There was clapping, music, celebratory cups of tea (with everyone referring to me as the "Tea Lady"), and jolly conversations before we went off for a free tour of the Tower, followed by lunch, then (much later) cocktails, and, later still, dinner. It was a splendid day of laughter, celebrations, and congratulations—and all because of tea!

Contributing Editor Jane Pettigrew is an international tea expert, who has written many books on the subject. A former tearoom owner, she is a much-sought-after consultant to tea businesses and hotels, a conference speaker, and an award-winning tea educator. Although her travels take her around the globe, she resides in London.

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Trinity *Confections*

Afternoon tea is all in the family.

Text by Karen Callaway / Photography by William Dickey

Janine serves an array of Harney & Sons teas and Tea Forte blends along with her signature made-from-scratch menu items. Patrons enjoy the unique flavor combinations of her scones, soups, salads, quiches, sandwiches, and sweets.

Rhode Island might be the country's smallest state, but it is big on hospitality, and nowhere is that more evident than at Trinity Confections, a tearoom tucked into the diverse business community of Gateway Plaza in Warwick. Here, Janine McMahon welcomes patrons to retreat from the hectic pace of busy schedules and nourish both body and soul.

The Michigan native was raised "way out in the country," where her parents and grandparents grew everything they ate. Canning, preserving, and baking from scratch was simply a way of life. After completing her education, Janine moved East and worked in the fashion industry for a number of years. She loved her job, but with the birth of twin daughters, Alice and Lily—followed closely by their little sister, Annabelle—the focus of her life changed completely.

"After I had three girls, my career eased off a good bit," she explains, "and I reverted back to everything I grew up with." That meant making candies, cookies, and tea breads, which she shared around town in hopes it might turn into a home-based business. The plan worked like a charm, and soon Janine was inundated with orders. After she had spent several years making, baking, and delivering her wares all over Warwick, her father finally convinced her she needed her own shop. Trinity Confections—a name inspired by the Holy Trinity—opened its doors in 2010.

Though the space is located in a commercial area, it has the feel of a sun-washed parlor, with ample window light and layers of pretty linens topped with floral china. Unsure of just what to expect, Janine began with only two tables. As her customer base quickly grew, she brought in several more, including her own

dining-room table, and an assemblage of cushion-clad ladder-back chairs to create a cozy atmosphere.

Janine's teenage daughters help in all aspects of the business, an opportunity for these home-schooled students to gain practical experience along with their classroom education. As for Mom, she can't imagine doing this without them. "We're four peas in a pod," she says with a laugh. "We get the *TeaTime* magazines and go through them together—the same thing with cookbooks." Though Janine may be the boss, she encourages the girls to pursue anything that interests them, whether inside or outside the culinary world.

The menu at Trinity often varies as Janine is committed to fresh, in-season ingredients. On any given day, customers may sample several flavors of quiche, such as bacon, broccoli, and white Cheddar or vegetarian-favorite asparagus with baby Swiss and provolone. Scones range from lemon-blueberry and cranberry-orange to vanilla glazed and the most-requested flavor, chocolate chip. She also offers soups—carrot-honey-ginger is always on the menu—and a variety of tea sandwiches.

High Tea is Janine's most popular offering, but she welcomes guests for afternoon tea, brunch, and lunch as well. She and the girls work in the shop most days, prepping for a party or whipping up homemade caramel turtles, nut-and-fruit clusters, and other gooey goodies that fill the case. However, sit-down customers are served only on Thursdays, Fridays, and Saturdays, and reservations are required.

As Janine talks about her business and how much it means to share it with her daughters, she clearly sees this tearoom as a true blessing—one she is intent on sharing with the clients who pass through her door. "In this fast-paced world of commercially packaged and prepared food, people are starting to appreciate more and more things that are made from scratch," she says. "When you come into Trinity, the pace seems slower, and you are able to relax and savor the experience."

Trinity Confections is located at 1625 Warwick Avenue in Warwick, Rhode Island. To make reservations for teatime, call 401-681-4902, or visit trinityconfections.net *for more information.*

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resources for readers

COVER

Wedgwood *Pashmina* 5-piece place setting ($139.99), teapot ($225) from Wedgwood, 877-720-3486, *wedgwood.com*. L. E. Smith Glass Company *Hobnail* amber glass cake stand from private collection. *Kenaf* natural table runner ($49) from Pottery Barn, 888-779-5276, *potterybarn.com*.

TITLE PAGE

Page 4: Royal Chelsea *Gothic* teapot ($139.95); Royal Crown Derby *Lombardy* dinner plate ($139.95), salad plate ($74.95), cup and saucer ($74.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Herend *Silk Ribbon Turquoise* charger ($300) from Herend USA, *herendusa.com*.

MASTHEAD

Page 7: Royal Crown Derby *Lombardy* dinner plate ($139.95), cup and saucer ($74.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Herend *Silk Ribbon Turquoise* charger ($300) from Herend USA, *herendusa.com*. Reed & Barton *Kendrick Gold* flatware 45-piece set ($109.99) from Bed Bath and Beyond, 800-462-3966, *bedbathandbeyond.com*.

THE COMPLETE TABLE: A FRUITFUL HARVEST

Pages 21–22: Johnson Brothers *Autumn Delight* 5-piece place setting ($65.95), teapot ($159.95), creamer ($19.99), sugar bowl ($14.99); Tiara *Sandwich-Amber* goblet ($7.99); Georg Jensen *Acorn* sterling flatware 5-piece place setting ($629.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Vietri orange linen napkins ($16) from Bromberg & Co., 205-871-3276, *brombergs.com*. **Page 22: [Modern]** Jaune de Chrome *Tortoise* charger ($242); Garnier-Thiebaut *Mille Wild Fauve* napkin ($21); Vietri *Elegante* lattice wine glass ($68); Pickard *Spiga* flatware ($96); Juliska *Jardins du Monde* gold place mat ($25) from Bromberg & Co., 205-871-3276, *brombergs.com*. **[Rustic]** Vietri *Forma Sunset* dinner plate ($43), *Fuoco* flatware 5-piece place setting ($179); Traditions Linens place mat ($30) from Bromberg & Co., 205-871-3276, *brombergs.com*. *Geometric* wood napkin ring set of 4 ($11.96) from World Market, 877-967-5362, *worldmarket.com*. Juliska *Herringbone* natural napkin ($12, discontinued) from Juliska, 888-551-7310, *juliska.com*.

PEACOCK TEA

Pages 25–32: 222 Fifth *Peacock Garden* salad plate ($9.99), creamer ($19.99), sugar ($19.99), *Eliza Teal* teapot ($39.99); Wedgwood *Ulander Gold* peony footed cup and saucer ($21.99), *Ulander Powder Turquoise* dinner plate ($64.95), crescent salad plate ($119.95), 14-inch oval serving platter ($179.95); Tiffin-Franciscan *Melrose* water goblet ($129.95); Wallace *Sir Christopher* flatware 5-piece place setting ($329.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Metallic studded place mat ($119.80), *Ella* gold napkin set of 4 ($23.80), *Palais* peacock napkin set of 4 ($23.80) from Z Gallerie, 800-908-6748, *zgallerie.com*. Gold woven sheen table runner ($24.95), beaded scallop table runner ($59.95), *Peacock* serving platter ($29.98), jeweled napkin ring ($4.95) from Pier1, *pier1.com*. Flower arrangement from Flower Buds, 205-970-3223, *flowerbudsinc.com*.

GLUTEN-FREE SCONE: PUMPKIN-DATE

Page 33: Johnson Brothers *Autumn Delight* bread and butter plate ($6.99), cup and saucer ($13.99), teapot ($159.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Vietri orange linen napkins ($16) from Bromberg & Co., 205-871-3276, *brombergs.com*.

AUTUMN'S GOLDEN LIGHT

Pages 34–40: Wedgwood *Pashmina* 5-piece place setting ($139.99), creamer ($110), sugar bowl ($135), teapot ($225) from Wedgwood, 877-720-3486, *wedgwood.com*. West Elm gold flatware ($39) from West Elm, 888-922-4119, *westelm.com*. April Cornell *Jacquard Melody* napkin set of 4 ($34) from April Cornell, 888-332-7745, *aprilcornell.com*. *Kenaf* natural table runner ($49); *Arlington* taper holder ($29.50), small pillar holder ($34.50) from Pottery Barn, 888-779-5276, *potterybarn.com*. **Page 36:** Annieglass *Roman Antique* mini bowl ($53) from Bromberg & Co., 205-871-3276, *brombergs.com*. **Page 37:** Annieglass *Roman Antique* large oval platter ($235) from Bromberg & Co., 205-871-3276, *brombergs.com*. **Page 39:** Annieglass *Roman Antique* relish tray ($74) from Bromberg & Co., 205-871-3276, *brombergs.com*. **Page 40:** L. E. Smith Glass Company *Hobnail* amber glass cake stand from private collection.

TEA FOR A CAUSE

Pages 41–48: Royal Crown Derby *Lombardy* dinner plate ($139.95), salad plate ($74.95), bread and butter plate ($35.99), cup and saucer ($74.95); Royal Chelsea *Gothic* teapot ($139.95) from Replacements Ltd., 800-REPLACE, *replacements.com*. Herend *Silk Ribbon Turquoise* charger ($300) from Herend USA, *herendusa.com*. Reed & Barton *Kendrick Gold* flatware set ($109.99) from Bed Bath and Beyond, 800-462-3966, *bedbathandbeyond.com*. Deep jungle teal buffet napkins set of 6 ($9.99) from World Market, 877-967-5362, *worldmarket.com*. **Page 42:** Grace's Teawares two-tiered tray ($9.99) from HomeGoods, 800-888-0776, *homegoods.com*. **Page 46:** Bernadotte three-tier tidbit tray ($17.95) from Maryland China, 800-638-3880, *marylandchina.com*.

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EDITOR'S NOTE: *Recipe titles shown in gold are gluten-free, provided gluten-free versions of processed ingredients (such as flours, prepared meats, sauces, extracts, and stocks) are used.*

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